



COUNCIL
ON AGING
Needham

Hi Everyone!

What a beautiful day!! Perfect! Many said the colors were going to be dull because of the drought. I think the foliage is gorgeous! Many reds and oranges!

Today was a busy day hearing from many of you. Our friend, Lois wrote, "***Just received the "Wednesday" treat. I am really looking forward to my after dinner dessert tonight. Yummy. Sincere appreciation.***" Enjoy, Lois!!

Our friend, Irene sent along a picture of the **Garden Club Plant** that was delivered yesterday. Gorgeous!!! Volante does a great job!!



As always, the Center Staff is here for you! Please email me or call the Center @ 781-855-3629 for Katie and we will help you.

Now for some updates!

NEWS/UPDATES

I have been watching the the hearing so let's check in with the Supreme Court.

[Home - Supreme Court of the United States](#)

The transcripts of oral arguments are posted on this website on the same day an argument is heard by the Court. Same-day transcripts are considered official but subject to final review.

www.supremecourt.gov

Let's check in with Mass Supreme Court.

[Massachusetts Supreme Judicial Court | Mass.gov](#)

A chief justice and six associate justices make up the Supreme Judicial Court (SJC). The seven justices hear appeals on a broad range of criminal and civil cases from September to May and issue written opinions that are posted online.

www.mass.gov

REMOTE PROGRAMMING

2 DIFFERENT SURVEYS!??

Reminder: Anyone who participates in our Remote Fitness Programs, if you would please fill out this form / survey for **each** fitness program you have taken. It will help for funding and more. There are just 10 easy questions and then you hit "submit."

Here it is: [Center Fitness Program Survey](#)

A NEW ONE!!

Anyone who participates in our **Remote Special Programs** such as Joy's Nature Programs, Talk the Walk, Current Events, Ron's History and Movie Discussions, Neil's Mindfulness, etc. (basically anything that isn't Fitness) please fill out this form/survey. This will help with funding as well as letting us know what other programs you want. Please remember to hit "SUBMIT." Thanks!

Here it is: [Center Special Program Survey](#)

NEW!!

Topic: **Showa Boston Students Pen Pal Program***

Time: **Weekly**

To Become a Pen Pal: email Aicha akelley@needhamma.gov

*We are continuing our great partnership with the Showa Boston School. (<https://showaboston.org>) Anyone who wants to help out, please send Aicha an email and we will connect with a student from Japan. Each week my contact will send out a weekly theme. The Japanese Students are happy to share some things about Japan and we can share things about the US of A. For example, sharing a picture of your hometown and write about it or tell how you got your name. The student and senior can either write an email or send a short video! This is a great way to learn about another culture and make a friend. It is also extremely helpful to the students. Send me your email today to join in the Pen Pal Program. (Also noted that it is very tech-safe.)

DAILY

Topic: **One - on - One Sessions with a Personal Trainer***

Time: **Monday - Friday 7AM - 7PM**

To Schedule: Email me or call the Center Line at 781-855-3629

Cost: \$50 per hour (Checks will be made out to "Town of Needham" and mailed to Center at the Heights, 300 Hillside Ave., Needham, MA 02494.)

* We are now offering Personal Training Sessions with Stephen and Lisa Cadigan - our trusted trainers! Stephen or Lisa will have an introductory session to work out what exercise program (work on back, core, strengthening, recovery of surgery or injury, over zoom, over phone, in - person while socially distancing) is best for your needs during COVID 19. This

sort of one-on-one program typically costs hundreds of dollars. Signup now to get the best exercise plan for specifically you!

THURSDAY

Topic: **Bereavement Circle with Nikki***

Time: **Thursdays, 2020 @ 9:00AM and 10:00 AM**

To join Zoom Meeting: Email me & I will put you in touch with Nikki & her sweet crew.

*Nikki, from West River Hospice is opening up her weekly Bereavement Circle to anyone who wants to join this compassionate, friendly and comforting group. If you have lost someone - now is not the time to be alone. Please consider joining this group. Even if you don't want to chime in - listening to the fact that you are not alone in your thoughts, could help.

Topic: **Barre with Lisa***

Time: **Thursday, July, 2020 @ 9:30 AM**

To Join Zoom Meeting: [Click here](#)

Meeting ID: **832 3378 6121**

Password: **2yC50r**

*Barre incorporates the fluidity of ballet, the flexibility of yoga, and the core strengthening of Pilates. It is a structured, easy-to-follow total body workout. This low impact workout combines light weights (optional) and is set to music that makes you want to move. You will need a chair, mat, optional light weights. Please read the risk statement below. Lisa is looking forward to seeing everyone tomorrow.

Topic: **T'ai Chi with Scotty***

Time: **Thursdays, 2020 @ 10:00 AM**

To Join Zoom Meeting [Click here](#)

Meeting ID: 841 2153 1726

Passcode: 569547

*Scotty is a hit and you should join his program! T'ai Chi is a slow-motion, moving meditative exercise for relaxation and health. Scott has studied various forms of martial arts since 1983, including T'ai Chi. Studies have shown that T'ai Chi can help you live longer,

improve muscle strength, balance and flexibility, boost cognitive function, improve COPD symptoms, get better night-time sleep quality, improve symptoms of fibromyalgia, see improvements in cardiovascular fitness, reduce risk of falls, obtain moderate benefits for chronic nonspecific neck pain and more. Try it!

Topic: **Pilates with Lisa***

Time: **Thursday, July, 2020 @ 10:30 AM**

To join Zoom Meeting [Click here](#)

Meeting ID: **899 9086 2700**

Passcode: **029133**

*This class focuses on developing flexibility, balance and strength. In this class you will work on alignment, breathing, developing a strong core, and improving coordination and balance. You will need a mat. Please read the risk statement below. Lisa, looking forward to seeing you tomorrow and she is always accepting new students who could give it a try!

Topic: **Talk the Walk Discussion Group**

Time: **Thursdays, 2020 @ 11:00AM**

To Join Zoom Meeting [Click here](#)

Meeting ID: **844 9177 4337**

Passcode: **WALK**

We are all aware that diversity is a hot topic now. But no-one can walk in someone else's shoes, so let's investigate and learn. Let's have discussions to move forward with a better understanding of many things involved in diversity. They may be uncomfortable, but the more we have them, we believe it will get easier for many. Once a week we will read an article or watch a TED talk and that is what will begin the discussion. We will see where the discussion leads. The rules are: respect, manners, time limits for having the floor. If anyone has any articles, talks or speakers which they think would benefit the group send to Aicha.

The article for October 15 is



Racism in academia, and why the 'little things' matter

Subtle biases and structural inequalities need challenging just like overt acts of racial aggression and discrimination.

Topic: **Train the Brain with Stephen***

Time: **Thursdays, 2020 @ 11:30 AM**

To join Zoom Meeting [Click here](#)

Meeting ID: 816 9119 6399

*This class will involve dynamic, bilateral movement and physical brain activities to improve stability, total body coordination, speed, spatial awareness, endurance and flexibility. Give it a try! **Please have the following items ready and available to use during the**

class (ALL ITEMS SHOULD BE NON-BREAKABLE AND UNABLE TO HURT/INJURE/DAMAGE YOURSELF, YOUR PET OR THE FLOOR IF DROPPED):

- 1) 1 small Bean Bag, bag of frozen Peas or similar item.
- 2) 3 Paper Plates or Paper Bowls.
- 3) 1 Spoon (preferably a long one - maybe wooden) and (1) something that is roundish, and will fit easily in the spoon's scoop. EXAMPLES - a plastic Egg, a Walnut, a small bottle of Whiteout, etc.
- 4) 1 small Ball. EXAMPLES - a Baseball, or a Tennis Ball.
- 5) 1 small Pad of Paper and 1 Pen/Pencil - preferably a Pad of "Stickies" for the paper.
- 6) 1 small Personal Item. EXAMPLES - Old, empty Prescription Bottle, Aspirin/Tylenol Bottle, pair of Glasses, or ANY item you choose that is small and non-breakable.

Topic: **After Lunch - Gentle Yoga with Michelle***

Time: **Thursdays @ 1:00PM**

To join Zoom Meeting: [To Join Zoom Meeting Click here](#)

Meeting ID: 443 604 7877

Passcode: 0DbGrY

*Michelle is a fabulous yoga instructor and can make this a Seated Yoga as well!

Topic: **Wales: Castles, Butterflies and More ***

Time: **(NEXT WEEK) Thursday, Oct 22 @ 2pm**

To Join Zoom Meeting [Click here](#)

Meeting ID: **820 4295 5425**

Passcode: **040709**

*Although part of the present day United Kingdom, Wales is a country of ancient origins and wild lands. Stone monuments from its pre-historic past still can be found across parts of the country today, along with ancient castles, remains of magnificent abbeys and even Roman ruins. The wild nature of this land can also be found in abundance, from the beautiful and colorful moors and butterflies of the Isle of Anglesea to the numerous birds and other wildlife of the coastal wetlands. More inland, the magnificent Kite can now be found again soaring as it looks for prey. Join us for castles, butterflies, birds and much more in a journey across Wales.

This program is available to our participants due to the wonderful generosity of Whitney Place. Thanks, Ellen and Whitney Place Staff!

Topic: **Arthritis Class with Stephen***

Time: **Thursdays, 2020 @ 3:00 PM**

Join Zoom Meeting [Click here](#)

Meeting ID: 816 8790 1740

*This class is a mostly seated exercise class that does not encourage activities that might exacerbate arthritis symptoms and sore joints. It addresses range of motion, strength, flexibility, endurance balance and coordination. *Motion is lotion in this exercise class! This program includes range of motion, strengthening/flexibility, aerobic/endurance & balance & coordination exercises. Mindful relaxation completes the class. You DO NOT have to have arthritis to take part. Any movement is great these days - and always.

Topic: **Women! Empowered Health, Empowered You. Self-Care is Not Selfish: Virtual Cooking Class: Self-Care Through Mindful Cooking and Eating**

Time: **Thursday, October 15, 2020 @ 7 pm**

To preregister for Zoom Meeting: [Click here](#)

*This health event celebrates women's health and well-being. Join Drs. Kimberly Parks and Umadevi Naidoo of Synergy Private Health for an interactive evening of virtual cooking in their state of the art kitchen facility. Recipes and list of needed cooking tools will be emailed to registrants. Hosted by the Mass General Cancer Center at Newton-Wellesley Hospital.

Topic: **Flexibility in Retirement with Joanne Antonopoulos, CLU®, CFP®**

Time: **Thursday, October 15 @ 6:30PM**

To join Zoom : [Click here](#)

Meeting ID: **879 0648 5923**

Passcode: **retirement**

*With a little preparation and guidance, retirement can be anything—and everything—if you plan well. Given today's pandemic and election environment, we will explore how to review your portfolio to gauge how you are doing against your goals and objectives. Join me for this timely talk that explains how incorporating fixed assets in your portfolio can give you flexibility in retirement.

Topic: A Speak Easy Evening With the National Museum of African American History

Time: Thursday, October 15, 2020 @ 7:30 pm to 9:30 pm

To preregister for Event: [Click here](#)

*Inspired by the clubs of the Harlem Renaissance, NMAAHC invites you to our annual Speak Easy Evening, which this year is a virtual space that welcomes all gender identities and orientations and allies to enjoy world-class entertainment, a genealogy workshop, and an insightful conversation about a seminal figure in the story of intersectionality, Pauli Murray.

7:30 PM Enjoy the work of performance Artist and Trans Activist Lady Dane Figueroa Edidi

8:00 PM Join the staff of the Robert F. Smith Explore Your Family History Center who will present a mini workshop on how to find and honor your LGBTQ ancestors.

8:15 PM Renowned panelists Dr. E. Patrick Johnson, Dr. C. Riley Snorton, Kylar Broadus, Esq and Rev. Yolanda Rolle, PhD discuss the amazing life and achievements of Pauli Murray - first in her class at Howard University Law school (and the only woman), first African American to earn a JSD Degree from Yale Law School, and the first African American female ordained as an Episcopalian Priest. All this while grappling with her gender identity.

9:00 PM Close out your evening with the smart social commentary of noted comedian Sampson McCormick.

FRIDAY

Topic: Balance, Posture, Core and More Exercise

Time: Fridays, 2020 @ 9:30AM

To Join Zoom Meeting: [Click here](#)

Meeting ID: **722 0848 3215**

Password: **0ReAjR**

*Laila is here for you! You know her from Balance Deconstructed, one of our most popular programs at the Center. Now she is doing a virtual program for you to do at home. Balance is complex and multi-dimensional. This class will go over the core components of good balance and will train you on how to improve it through a variety of exercises for core and leg strengthening, posture awareness and stretches for greater flexibility. *Please review the following User Agreement carefully before participating in this Zoom exercise class: You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge Needham Council on Aging and its exercise instructor from any and all claims or causes of action, known or unknown.

Topic: **Needham Creative Writing with Beth***

Time: **Friday, October 16 @ 10:00 AM**

To Join Zoom Meeting [Click here](#)

Meeting ID: **836 1068 9044**

**Beth Knaus, owner of That's a Spade Writing Services, will teach you tools and tips and motivate you to hone your hobby (or start your new hobby) of writing. The group also helps one another with discussion of writing techniques, sharing writing, and just talking about the love of writing. All types of writers are welcomed - fiction, non-fiction, short stories, essays, journaling. (which can also be therapeutic at times like these.) Always looking for new participants. Beth shared some prompts but your own are great too.

- List and write about 5 things you want.
- Do the same for 5 things you need.
- What do you want to be doing at this time next year?
- Write about a shade tree
- Driving along the coast road

Topic: **I Am 80 Years Old: How Can I Survive the Covid-19 Pandemic? A Cardiologist's Perspective**

Time: **Friday, October 16, 2020 @ 10-11:00 am**

To Preregister for this program: [Click here](#)

*Learn how the Coronavirus affects the heart, ways to avoid infection and how to survive should you contract the virus.

Dr. George Philippides is the Chief of the Division of Cardiology and Director of the Elfers Cardiovascular Center at Newton-Wellesley Hospital. He has been a volunteer for the American Heart Association and has served as President of the AHA Founders Board. Dr. Philippides also serves on the Collaborative for Healthy Families and Communities Elder Care Services Council and is Chair of the Cardiovascular Council, a group of community and health care leaders who are united through their passion to create a heart healthy community.

Topic: **Strength Training with Pearl***

Time **Fridays, 2020 @ 10:30am**

To join Zoom Meeting [Click here](#)

Meeting ID: **872 3869 8176**

Passcode: **8119**

*This SEATED exercise class is designed to accommodate mature individuals of various fitness levels. This class includes a thorough warm-up, strength training, and gentle stretching to increase flexibility and reduce muscle tension.

Topic: **CATH Walking Group**

Time: **Fridays @ 11AM (Weather permitting)**

To Join: **Meeting in front of Town Hall by the tent**

*Join this fun group we are bringing back. Everyone should be able to walk 2 miles, MUST wear a mask and should wear comfortable walking shoes. Please bring a water.

Topic: **Now Hear This!***

Time: **Fridays, 2020 @ 11:00 AM**

Join Zoom Meeting [Click here](#)

Meeting ID: **691 892 6899**

Passcode: **Hearing**

*This social, Zoom, get together will focus on Hearing Loss and how it affects communication with others. Please join us for an informal discussion to support your concerns, comments, and questions about hearing and hearing loss. This fabulous program is led by Debbie Maibor, M.S., CCC-SLP, Speech/Language Pathologist.

Topic: **Short Story Discussion Group**

Time: **Friday, October 16 @ 12:00PM**

To Join Zoom Meeting: [Click here](#)

Meeting ID: **894 4350 9457**

Passcode: **623397**

*Our Short Story Group is going great. They are always looking for new members to discuss the stories and more! For anyone who wants to join in, the story we will discuss on October 16 is "Uncle Wiggily in Connecticut" by J.D. Salinger

<https://www.hohschools.org/cms/lib/NY01913703/Centricity/Domain/817/English%2011%20-%20Summer%20Reading%202018.pdf>

(Note the link also has a story by Edith Wharton. We aren't discussing Wharton so please consider it a bonus read ;-))

Topic: **Life Transition Binder Presentation with Sandra Batra**

Time: **Friday, October 23, Thursday, @ 1:00PM**

Join Zoom Meeting [Click here](#)

Meeting ID: **755 9730 3811**

Password: **life**

*This program was so popular - Are all your important details organized in one place so your family can easily access it if you were incapacitated? Could your family step-in and help you manage your affairs if you needed assistance?

Join Sandra Batra, as she explains how she can work with you to create a customized binder that incorporates all your life details, including: personal data, property, financial, retirement and insurance details, medical, and service provider information. Take control and act now so your loved ones have the information they need in the event of an emergency. This will give you and your loved ones peace of mind and provide them with direction and guidance.

Topic: **Band Class With Lisa: "Utilize Resistance Band Efficiency, and Maximize Your Efforts to Become Stronger"**

Time: **Fridays @ 1:00PM**

To join Zoom Meeting: **Stay tuned**

*Resistance bands offer an alternative to exercise without using traditional weights. This 45 minute class uses bands which provide resistance during both the concentric and eccentric

phase of movement. Therefore, this mode of training maximizes the benefits throughout the entire program. Bands are also forgiving on the joints of the Older Adult. This routine will increase strength addressing all muscles of the body. Bands are an enjoyable way to exercise, and can be obtained through the COA - Center at the Heights. First 30 to register by emailing Aicha will have the bands delivered.

Topic: **Techie to The Rescue Tech Talk***

Time: **Fridays, @ 1:30PM**

Join Zoom Meeting [Click here](#)

Meeting ID: **87651968245**

Password: **806103**

*It's Friday and our Techie is back! Join Avrom to discuss all things technical! He will focus on new topics each week and you can also bring any questions you have - he's all yours! Don't stop joining or taking part in programs just because you aren't comfortable with technology. Avrom is your man!

NEW!!!

Topic: **Historically Speaking: The Legacy Of John Lewis Through The Lens Of The National Museum Of African American History And Culture**

Time: **Friday, October 16, 2020 @ 7:00 pm to 8:30 pm**

To preregister for this program [Click here](#)

*The late Representative John Lewis, Fifth Congressional District, Georgia, ardently supported the establishment of the Smithsonian National Museum of African American History and Culture. Join us for a discussion of the congressman's sustained support of the museum and its mission to affirm what it means to be an American. Michel Martin, host of NPR's Weekend Edition All Things Considered, will moderate a distinguished panel of Mr. Lewis' friends and colleagues about his storied life and accomplishments. Panelists include:

- The Honorable Cheryl Johnson, 36th Clerk of the U.S. House of Representatives, appointed by House Speaker Nancy Pelosi
- Secretary Lonnie G. Bunch, Smithsonian Institution

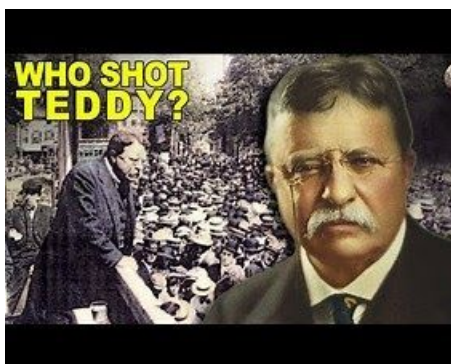
- Ms. Tammy Boyd, Chief Policy Officer & Senior Counsel, Black Women's Health Imperative(link is external) and former Legislative Director for Congressman John Lewis
- Ms. Linda Johnson Rice, NMAAHC Advisory Council Member, emerita and
- Mr. Taylor Branch, Pulitzer prize-winning author of “Parting the Waters: America in the King Years, 1954-63,” and member of NMAAHC’s Scholarly Advisory Committee

*** You should always consult with your physician before engaging in any physical activity program. By participating in this online exercise class, you assume all dangers, hazards and risks of such participation. The exercises demonstrated by the instructors in this online class are physically demanding. If you are unable to safely perform these exercises, please modify them for your own safety or choose a different set of exercises.*

Entertainment/Interesting

This day in 1912 Former U.S. President Theodore Roosevelt is shot and wounded in assassination attempt in Milwaukee. He was saved by the papers in his breast pocket and, though wounded, insisted on finishing his speech. Crazy!!! Another trivia for 1930, Singer Ethel Merman stuns the audience when she holds a high C for sixteen bars while singing "I Got Rhythm" during her Broadway debut in Gershwin's Girl Crazy. Again, crazy!!


Here is more about Roosevelt. Tough guy!



How Teddy Roosevelt Got Shot and Still
Did an 84 Minute Speech

www.youtube.com

So we haven't been to Milwaukee lately so let's have a look around.

	<h2>Milwaukee, WI, USA Walking Tour - 4K</h2> <p>Turn on closed captions for a guided walking tour! A walk around Milwaukee, WI on Saturday, May 16th, 2020 during the COVID-19 pandemic.</p> <p>www.youtube.com</p>
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Roosevelt made the Teddy Bear what it is today. Let's learn more.

	<h2>Teddy Roosevelt and the Origins of the Teddy Bear Told by Dan Abrams History at Home..</h2> <p>www.youtube.com</p>
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One of the places to visit when in Milwaukee is the Grohmann Museum.

<h2>Grohmann Museum MSOE</h2> <p>Located on the campus of MSOE in downtown Milwaukee, the Grohmann Museum is home to the world's most comprehensive art collection dedicated to the evolution of human work.</p> <p>www.msoe.edu</p>
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Our Comic Relief Clip of the Day is from the Love Boat.



Love Boat Follies: Ethel Merman, Carol Channing, Ann Miller

www.youtube.com

Our MAFA Song of the day is from Ethel Merman too.



Ethel Merman Sings I Got Rhythm 1956

I think this is my favorite tv version. Ethel looks so happy and relaxed and sounds fantastic. This is from a 1956 television show. I Got Rhythm George and Ira Gershwin 1930

www.youtube.com

Our Center Quote of the Day is: *"Protecting all this land, working with the President to establish all these monuments, to, you know... I think the President has a land protection record that's second to no one in this century, maybe Teddy Roosevelt."* ~Bruce Babbitt

Have a great evening everyone and we will chat tomorrow!~Aicha

